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Weapons' G-3 Sailors Train Like They Fight

By MC2 Dave Reynolds
Guardian Staff

PORTSMOUTH, Va. – Sailors in Weapons Department's G-3 division on board USS George Washington have stepped up their training regimen by starting to load dummy ordnance onto weapons elevators.

During GW's most recent General Quarters (GQ) drills, G-3's petty officers guided the division's junior Sailors through every step of the process.

As soon as the GQ alarm sound-

ed, Sailors from Ordnance Control made the call for Guided Bomb Unit 24. G-3 Sailors began inspecting the ordnance. Although the bomb itself was inert, meaning it contained no explosive filler, the inspection was as detailed as it would be at sea, said AO2 Jerel Toney.

"We're inspecting all the equipment, from the fins, pins, to every single screw, to make sure the bomb is fully operational," he said.

The training facilitators conducted the detailed inspection slowly, allowing Sailors to ask questions to ensure everyone understood the procedure.

"We're going through this nice and slow to make sure everyone understands what is involved," Toney said. "While we're in the shipyard, we have the time, so we'll take the extra time. Because when we get out there, it will be too late. At sea, there's no room for mis-



AOAN Ryderick Porter and AOAN Shamarla Hare of Weapons Department's G-3 division review a manual while inspecting a GBU-24 during GQ.
Photo by MC2 Ted Green.

takes."

Other G-3 Sailors echoed the importance of training sessions like this one.

"Every day of training is important," said AOAN Ismael Anaya. "Going step-by-step through every procedure and being trained by people who have done it is valuable. Eventually, we'll be the ones running everything."

After the initial inspection was complete, Sailors wheeled the GBU-24 over to the manned weapons el

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AO3(AW) Britni Britt, AOAN Omar Farshad and AO2(AW/SW) Michael Pickens move a GBU-24 into position on a weapons elevator.

Photo by MC2 Ted Green.

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"Big E" Deploys
to Support
War on Terrorism

Combat Systems Sailors Upgrade GW's Network

By Lt. Cmdr. Bill Urban
USS George Washington (CVN 73) Public Affairs

PORTSMOUTH, Va. – USS George Washington (CVN 73) Sailors neared completion of a comprehensive network upgrade July 3 during *GW*'s Planned Incremental Availability plus Docking at Norfolk Naval Shipyard.

The Gigabyte Ethernet installation provides a more robust network to the entire ship and has been ongoing since the planning phase began last September.

"We've ripped out the entire skeleton of the network and installed a completely new one, which will increase throughput and capacity for the entire system," said Information Systems Officer Lt. j.g. Jerome Brown.

The upgrade will have a direct impact on ship-wide efficiency and quality of life as there will be many more workstations with network access.

"We've increased the number of network drops and the number of computers to increase the number

of users who will be able to log-on at one time," Brown said. "We also tried to bring more computers to the users to make it easier for them to have access."

All network architecture upgrades have been completed, with the final phase of bringing individual workstations online well underway. Currently, Combat Systems Department is working with representatives from each department on board *GW* to complete the installation. Nearly 100 new workstations are brought online each day.

While a network project of this magnitude has been challenging, the installation is rapidly nearing completion with everyone expected to benefit.

"We have been coordinating with each department to effectively and efficiently ensure that we meet their needs, and provide them the best possible system," said IT1(SW/AW) Quinzell Brown, leading petty officer for Automatic Data Processing division.

GW is currently undergoing a \$300 million availability at NNSY in preparation to relieve USS Kitty Hawk (CV 63) as the Navy's forward-deployed aircraft carrier in Yokosuka, Japan in 2008.

Homeport Change Q&A

What are the Overseas Screening requirements?

All crewmembers making the transit, and all Sailors receiving orders to *GW* subsequent to August 2006, will be overseas screened. The screening includes criteria in the areas of performance, disciplinary action, financial responsibility, and medical and psychological condition.

Single parent status, marriage to another military member, and exceptional family member status do not automatically disqualify a crew member. The specifics of each situation will be considered.

All family members will also be screened, except in the case of members who accept unaccompanied orders for less than 24 months. Family member suitability must be determined before family members are granted entry approval.

Members involved in open family advocacy cases are disqualified. Members with a history of unsatisfactory or below standard performance (any marks below 3.0) in the last two years are normally considered unsuitable. History of courts martial, non-judicial punishment, or significant involvement with civil authorities in the last two years will normally be considered disqualifying.



Engineering's "A Gang" Completes Milestone

By MC3(SW) Charise Cunningham
Guardian Staff

PORTSMOUTH, Va. – One USS George Washington (CVN 73) Sailor says he has never been so proud during this maintenance period. As leading petty officer for Auxiliary Division, or A-Gang, he oversaw the weight testing of the elevator platforms on both the port and starboard side of the ship during the last week of May. Completion of this weight test concludes another big part of GW's shipyard period before getting underway.

"Most Sailors don't realize the impact the elevators have on the ship," said MM2(SW/AW) Martenis Bell, a 12-year Navy veteran. "They are used for so much, like transporting supply goods and equipment. It was refreshing for us to complete this part of the shipyard period safely and ahead of schedule. But it's no surprise. We're A-Gang!"

Since they are a vital part of GW mission, the elevators must be certified after any maintenance. During this shipyard period the ca-

bles in the aircraft elevators were replaced, requiring certification from shipyard contractors, American Systems Engineering Cooperation.

During the certification Bell and his fellow Sailors from A-Division assisted the contractors running the 150,000 pound cables, then moved each elevator up and down 20 times.

According to the engineering Auxiliary officer, Lt. Cmdr. Mark Grob, these checks are a necessary part of a much bigger picture for the ship.

"This will come into play in the very near future when it comes time for our early carrier qualifications and us getting underway," Grob said. "I understand the temptation to think short-term but engineers can't think that way. Everything we do builds on top of something else."

An interesting fact about the elevators, he added, is the elevators are not only used for transporting aircraft between the flight deck and the hangar bay, they help maintain displacement and buoyancy of the ship.

Completing one more milestone,

GW's A-Gang Sailors, often referred to by the auxiliary officer and the chief engineer as the bloodline of the Spirit of Freedom, have again taken the crew closer to a completed shipyard period.

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elevator. After carefully placing the bomb in the center of the elevator, the elevator was raised and the day's training was complete.

This was the first GQ drill of the shipyard period during which Weapons Department Sailors had the opportunity to use the elevator, but according to Toney, the training will continue.

"We do training every single day," he said. "And every GQ, we'll conduct in-depth training on a different weapon."

"We fight like we train," said AOC(AW/SW) Linward Wiggins, G-3 division's magazine chief. "Training is the key to our success."

The Guardian is an authorized publication for Sailors serving aboard USS George Washington (CVN 73). Contents herein are not the views of, or endorsed by the U.S. government, the Department of Defense, the Department of the Navy, or the commanding officer of USS George Washington. All news releases, photos or information for publication in The Guardian must be submitted to the public affairs officer (7726).



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This Week in Navy History...

July 12

1916 - North Carolina becomes the first Navy ship to carry and operate aircraft.

July 14

1882 - Sailors and Marines from four U.S. ships help restore order at Alexandria, Egypt.

July 15

1870 - U.S. Congress establishes the Pay Corps, which later becomes the Supply Corps.

1942 - First photographic interpretation unit set up in Pacific.

July 16

1915 - Battleships Ohio, Missouri and Wisconsin become first Navy ships to transit the Panama Canal.

Yokosuka Campaign Raises Drunk Driving Awareness

By Chavella Bailey

'None For The Road' Campaign Public Affairs

YOKOSUKA, Japan – Banners displaying the now famous logo with the international symbol for “don’t” -- a red circle crossed with an X -- can be seen in various locations on base and housing complexes. Many cars proudly display the campaign bumper sticker. Base tax-is post reminders on their windows with the slogans, “How many is too many?” or “You are not as cool as you think.” The electronic marquee near the main gate reminds those who decide to drink to plan ahead.

The signs are everywhere. The “None for the Road” Commander Fleet Activities Yokosuka (CFAY) drunk driving awareness and prevention campaign is in full swing.

This year’s campaign kicked off May 28, and is scheduled to run until Sept. 3, which coincides with the period known as the “101 Critical Days of Summer.” The period from Memorial Day to Labor Day is statistically the deadliest period of the year when it comes to alcohol-related traffic accidents.

A campaign committee of volunteers meets weekly to design and put into action workable ways to keep people who drink from driving. The committee coordinates resources and efforts between the various participating organizations.

The objective of the “None for the Road” campaign is quite simple: reduction, if not total eradication, of drunken driving incidents. Last year’s campaign saw a 75 percent reduction in these events. The committee is hoping to beat that record this year through concrete detection and prevention measures which are already in place and increased public awareness.

Public awareness is an information blitz, a presentation to graduating seniors, and a volunteer handing you a soda or bottle of water as you drive off the base saying, “Hey, don’t drink and drive.” It’s a booth at Friendship Day with a simulator to give willing participants an opportunity to test their driving ability and

experience a slow speed crash. It’s a Designated Driver program sponsored by Morale, Welfare and Recreation (MWR).

CFAY Security patrolmen diligently conduct sobriety checks every day at five different locations around base. MWR runs a continuous designated driver program.

“We want to reach everyone in the community, not just the active duty service members,” said Eileen Fors, the committee chairperson. “Statistics show that offenses by family members are on the rise, and we want to remind everyone that drunk driving is a problem that crosses the boundaries of age, gender and position. Everyone can easily become a victim or a perpetrator.”

Daniel Mathieu, the committee’s training officer added, “Prevention is the key element of the campaign. One of our main functions is to visit our people where they are and talk about the campaign and the consequences of drinking and driving. We stand ready to provide training or suggest training for organizations to conduct during the course of the campaign.”

For more news from Commander Fleet Activities Yokosuka, visit www.news.navy.mil/local/cfay/.

Stocking the Ship’s Store ...



SHSN Deon Fellowes and SH3 Tamara Watson of Supply Department’s S-3 division stock items in the ship’s store. S-3 Sailors have been busy with cleanup and inventory as they prepare for the store’s grand re-opening, scheduled for July 17.

Photo by MC3(SW) Charise Cunningham.

MWR CORNER

July MWR Specials!

Busch Gardens Silver

Gate Price: \$115

MWR Price: \$55

You save \$60!

Paramount's Kings Dominion

Gate Price: \$46

MWR Price: \$15

You save \$31!

GW Athletics

Anyone interested in forming their own basketball team to play in the Portsmouth League should contact the Athletic Officer, Lt. j.g. Glover at J-7040. Deadline to sign up is 18 July.

If you're interested in trying out for GW's flag football team, there will be an informational meeting at 1100, 19 July.



FITBOSS CORNER

Fitboss, what's a good cycling workout?

Great question! Here's three options to start: road bike, stationary or recumbent. The recumbent bike is nice for those with back problems, or mobility or balance issues.

Adjust the seat so that when the lowest foot is on the pedal a slight bend in the knee occurs. Foot clips work great. Push through the middle of the foot, not your toes. Keep the pressure off your knees. Set handlebars to a comfortable position.

Warm-up with a 10-minute cycle until your heart rate increases and a slight sweat occurs.

After the warm-up, complete a 10-minute bike ride. Focus on flat terrain, then progress to hills.

Focus on landmarks to break up the distance. Stay focused on where you want to go!

Last, increase to 20 minutes and work up to 30-minute rides three times per week.

See you in the gym!

Email topics to GW Fitboss.
behrr@cvn73.navy.mil

Photo of the Week



GW Sailors train on proper hose-handling techniques while pierside at Norfolk Naval Shipyard during General Quarters drills.

Photo by MCSN Phillip Pavlovich.

tcb

taking care of business...

FW style



Enterprise, Carrier Strike Group 12 Deploy

By MC3 James H. Green
USS Enterprise Public Affairs

ABOARD USS ENTERPRISE, At sea – USS Enterprise (CVN 65) and embarked Carrier Air Wing (CVW) 1 departed Naval Station Norfolk for a regularly scheduled deployment July 7 in support of the global war on terrorism.

This is Enterprise's second deployment within the past 14 months. "Big E" returned from its most recent deployment Nov. 18.

Enterprise is the flagship for Carrier Strike Group 12, which include the guided-missile destroyers USS Forrest Sherman (DDG 98), USS James E. Williams (DDG 95), USS Arleigh Burke (DDG 51) and USS Stout (DDG 55); the guided-missile cruiser USS Gettysburg

(CG 64); and the fast-attack submarine USS Philadelphia (SSN 690) all based in Norfolk, and also the fast combat support ship USNS Supply (T-AOE 6) based in Earle, N.J. There are nearly 7,500 Sailors and Marines in the strike group.

Months after their November homecoming, "Big E" Sailors kept busy with a rigorous training schedule which included numerous car-

rier qualifications as well as a Board and Inspection Survey in April. Enterprise also hosted Commander, Fleet Forces change of command ceremony as well as its own change of command ceremony May 18.

"This has been a very eventful year so far for our crew," said Capt. Ron Horton, Enterprise commanding officer. "Big E Sailors have been focused on maintaining combat readiness since the ship returned in November. In between all the training however, we were able to spend some valuable time at home with our families and friends. Now it's time to answer our nation's call again. There is no doubt in my mind that this crew will perform with honor, courage and commitment as it did last year. I'm very proud to be serving with this crew, at this time, to represent this country."



Official U.S. Navy file photo.

Seabees from Different Cultures Work Together

By MC2 Paul D. Williams
NMCB 7 Public Affairs

JOLO, Philippines – Seabees with Naval Mobile Construction Battalion 7 (NMCB 7) and Amphibious Construction Battalion (ACB) 1 are working together with the Philippine Naval Construction Brigade this summer to renovate and remodel a school in Jolo.

The project is part of this summer's Pacific Partnership humanitarian mission by Commander, U.S. Pacific Fleet.

The mission is to renovate three school buildings and remodel seven classrooms and install a rain water collection system in four weeks.

"A big job for a worthy cause," said BU2 Kristina Koontz, project crew leader with NMCB 7. "Right now there are about 40 kids in one classroom, so the more classrooms we build, the better off they will be."

"The Filipino Seabees work so hard, and they are so flexible, they jump feet first into every project,"

said Koontz.

Like any other project the Seabees work on, team work is the key to success.

"We all knew what the mission was and we worked together as one Seabee to get the job done" said BUCN Kristina Douvikas, a Seabee with NMCB 7.

The Seabees participating in the Pacific Partnership Mission have teamed up with Armed Forces of the Philippines (AFP) building schools and repairing relationships with the people throughout the region.

There are five detachments working all over the country building and repairing schools in Cotabato and Jolo while also clearing typhoon debris in Guinobatan and Tobacco.

Crew leader CE2 Irwin O. Vilar with the Philippine Naval Construction Brigade thanked the Seabees with NMCB 7 and ACB 1 for their help on this project and went on to say that the lives of Jolo children have been changed for a long time thanks to the efforts of the Seabees.

Sailor in the Spotlight

EMFN Daniel Boseman reported to E-Division's Battery and Lighting shop a little over a year ago and has definitely hit the ground running. Completing all of his required qualifications in less than six months, Fireman Boseman has already begun working on his ESWS qualifications.

He joined the Navy for fresh experiences and to finish school. Currently working on a degree in electrical engineering from ECPI, Boseman credits his wife Laura and his father Dennis for their support in making him a strong Sailor.

In his spare time, this Youngstown, Ohio native enjoys enhancing his physical fitness and taking classes.

"EMFN Boseman is our best junior Sailor. His uniform appearance is always outstanding and he makes an effort to give 120% every day and at every task."

EM2(SW/AW) Shawn Fyffe, Battery and Lighting ALPO



Naval Forces Conduct Joint Training During CARAT

By Lt. Cmdr. Billy Ray Davis
COMLOGWESTPAC Public Affairs

KEMAMAN, Malaysia – The U.S. Navy, Coast Guard and Marine Corps are sharing capabilities and maritime expertise ashore, afloat and in the air with Royal Malaysian armed forces during the third phase of exercise Cooperation Afloat Readiness and Training (CARAT) which kicked off July 3.

Developing skills together to combat maritime security threats is the emphasis of the exercise.

"The Chief of Naval Operations envisions navies cooperating together and safeguarding the seas for a more prosperous and peaceful world," said Rear Adm. Bill Burke, Commander of Task Force 73 and CARAT's executive agent. "CARAT is a model of interconnectivity between navies that maintains sovereign rights, while taking advantage of the benefits of cooperating naval forces."

Ashore the armed forces will attend a variety of symposiums and workshops in preparation for the seamanship evolutions, warfare training, amphibious operations and maritime interdiction exercises that will be conducted during the afloat phase in the South China Sea. Besides developing interoperability between the two countries, bringing together assets from the various service branches is key.

For the second consecutive year in CARAT's 13-year history, the Malaysian Maritime Enforcement Agency (MMEA) will participate with its U.S. counterpart, the U.S. Coast Guard. The two agencies will share visit, board, search and seizure (VBSS) tech-

niques pierside and at sea during boarding exercises.

"Our Coast Guard training team working with Malaysian Maritime Enforcement Agency counterparts is a positive progression in the evolution of CARAT," Burke said. "The same can be said for the incorporation of the Combined Enterprise Regional Information System, or CENTRIXS."

CENTRIXS is a system that allows navies to communicate and share information in text and web-based formats, erasing some of the language barrier. CENTRIXS will be installed on both the U.S. and Royal Malaysian Navy (RMN) ships to provide a means of communication between the ships during the at-sea phase.

During the at-sea phase, a combined U.S./RMN staff will lead the task group from aboard the dock landing ship USS Harper's Ferry (LSD 49). Some 140 Royal Malaysian Marines will experience life at sea aboard a U.S. Navy ship while embarked aboard Harper's Ferry.

Besides practicing multi-dimensional skills, both nation's armed forces will give back to the local community during several medical and dental civic action projects, and a variety of community service events.

"This is simply a way to give something back to the wider communities who host us, while also building some professional and personal ties between the U.S. and Malaysian armed forces personnel who conduct the projects," Burke said.

The U.S. CARAT task group consists of the dock landing ship Harper's Ferry and the guided-missile frigates USS Jarrett (FFG 33) and USS Ford (FFG 54).